Why is it important to be active?

Health benefits of consistent exercise are endless for individuals of all ages. Moderate daily exercise will improve health in the following ways:

● Help control weight.
● Reduce risk of premature death from heart disease.
● Cope with arthritis.
● Reduce risk of diabetes.
● Decrease high blood pressure or reduce risk of developing it.
● Help older adults gain strength, fight osteoporosis, and enhance ability to be active without fear of falling.
● Help maintain proper cholesterol levels.

Changing small habits within current lifestyles can assist in gaining fitness.

● Instead of driving to the post office, take a walk.
● Take the stairs, not the elevator.
● Do your own chores: mowing, raking, washing the car, or cleaning the house.
● Cut down on television viewing and enjoy the outside.